



Childbirth Education

Sign up for birthing classes early in your pregnancy. You may not be able to take it at the time of your choice if you wait until the third trimester to register.

Los Olivos offers birthing classes at the office. Register at 356-0431, extension 209, on our website www.lowmg.com or at CBEclass@lowmg.com. The Los Olivos class is designed to help both new and experienced parents prepare for childbirth. With adequate knowledge and preparation, expectant parents are encouraged to take an active role towards a healthy and fulfilling pregnancy and childbirth. Classes are presented by experienced registered nurses, certified in childbirth education, who are committed to providing the most current pertinent and practical birth information.

Good Samaritan Hospital offers birthing classes, breast-feeding classes, infant CPR and sibling classes. Register by calling 559-BABY.

Good Samaritan Hospital Tours

Tours of Good Samaritan birthing and the mother-baby suites are included with the birthing classes or can be arranged separately by calling 559-BABY.